

BLOCK 2

WOMEN'S SPECIALIZATION
PROGRAM

WEEK

1

WOMEN’S SPECIALIZATION PROGRAM

WEEK 1: DAYS 1-3

BLOCK 2 - WEEK 1 DELOAD

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	4	75%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
STIFF LEG DEADLIFT	2	6-8	7RPE	2MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BARBELL HIP THRUST	2	12-15	6RPE	2MIN					CHIN AND RIBS TUCKED		SMITH MACHINE HIP THRUST
DUMBBELL 45° HYPEREXTENSION	2	15-20	6RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
ECCENTRIC-ACCENTUATED LYING LEG CURL	2	8-10	6RPE	1MIN					3-SECOND LOWERING PHASE		SLIDING LEG CURL
MACHINE SEATED HIP ABDUCTION	2	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
RUSSIAN TWIST	2	20	6RPE	1MIN					ROTATE YOUR TORSO		BICYCLE CRUNCH

TOTAL SET VOLUME: 12

TOTAL TRAINING TIME:

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SEATED DUMBBELL SHOULDER PRESS	3	4-6	7RPE	2MIN					USE A FULL ROM		MACHINE SHOULDER PRESS
PRONATED PULLDOWN	3	6-8	7RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		SINGLE-ARM PULLDOWN
DUMBBELL INCLINE PRESS	2	10-12	6RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
CHEST-SUPPORTED T-BAR ROW	2	12-15	7RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
DUMBBELL SKULL CRUSHER	2	8-12	7RPE	1MIN					KEEP YOUR ELBOWS IN A FIXED POSITION		V-BAR PRESSDOWN
HAMMER CURL	2	10-15	8RPE	1MIN					FOCUS ON SQUEEZING YOUR BICEPS		EZ BAR CURL
A1: CABLE LATERAL RAISE	3	12-15	8RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		DUMBBELL LATERAL RAISE
A2: HIGH-TO-LOW FACE PULL	3	12-15	8RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		DUMBBELL BENT OVER REAR DELT RAISE

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SUMO DEADLIFT	2	6	72.5%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG SUMO DEADLIFT
DEFICIT CURTSY LUNGE	2	10-12	7RPE	2MIN					ELEVATE 3-5". STRETCH YOUR GLUTES		DB DEFICIT BULGARIAN SPLIT SQUAT
KNEE-BANDED MACHINE HIP THRUST	2	50	8RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	2	8-12	8RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
MACHINE GLUTE KICKDOWN	2	15-20	7RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
LATERAL BAND WALK	2	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	10-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 13

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 1: DAYS 4-5

BLOCK 2 - WEEK 1 DELOAD

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
CLOSE-GRIP BENCH PRESS	3	5	80%	2MIN					TUCK YOUR ELBOWS		BARBELL BENCH PRESS
SINGLE-ARM PULLDOWN	3	10-12	7RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		NEUTRAL-GRIP PULLDOWN
MACHINE SHOULDER PRESS	2	12-15	7RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
HAMMER STRENGTH MACHINE ROW	2	12-15	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		DUMBBELL ONE-ARM ROW
REVERSE PEC DEC	3	12-15	7RPE	1MIN					KEEP YOUR SCAPULAE PROTRACTED		SEATED FACE PULL
PRONE TRAP RAISE	3	15-20	8RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		BAND REAR DELT PULL APART
A1: CONSTANT-TENSION DUMBBELL LATERAL RAISE	3	20-25	8RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		CONSTANT-TENSION MACHINE SHOULDER PRESS
A2: DUMBBELL FRONT RAISE	3	15-20	8RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		PLATE FRONT RAISE

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	8	70%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
DUMBBELL 45° HYPEREXTENSION	2	20-25	7RPE	3MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
PAUSE BARBELL HIP THRUST	2	10-12	7RPE	2MIN					3-SECOND PAUSE		PAUSE MACHINE HIP THRUST
CABLE PULL-THROUGH	2	20-25	7RPE	1MIN					STRETCH YOUR GLUTES		DB SUMO RDL
SEATED LEG CURL	2	12-15	8RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
KNEE-BANDED GLUTE BRIDGE / BANDED HIP ABDUCTION	2	30/30	9RPE	1MIN					FOCUS ON GETTING A BIG GLUTE PUMP		KNEE-BANDED FROG PUMP / FROG PUMP
HANGING LEG RAISE	2	6-8	8RPE	1MIN					FOCUS ON FLEXING YOUR SPINE		CABLE CRUNCH

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME:

BLOCK 2

WOMEN'S SPECIALIZATION
PROGRAM

WEEK

2

WOMEN'S SPECIALIZATION PROGRAM

WEEK 2: DAYS 1-3

BLOCK 2 - MAX EFFORT PHASE

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	4	77.5%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
STIFF LEG DEADLIFT	2	6-8	8RPE	2MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BARBELL HIP THRUST	2	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		SMITH MACHINE HIP THRUST
DUMBBELL 45° HYPEREXTENSION	2	15-20	8RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
ECCENTRIC-ACCENTUATED LYING LEG CURL	2	8-10	8RPE	1MIN					3-SECOND LOWERING PHASE		SLIDING LEG CURL
MACHINE SEATED HIP ABDUCTION	2	25-30	9RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
RUSSIAN TWIST	2	20	8RPE	1MIN					ROTATE YOUR TORSO		BICYCLE CRUNCH

TOTAL SET VOLUME: 12

TOTAL TRAINING TIME:

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SEATED DUMBBELL SHOULDER PRESS	3	4-6	9RPE	2MIN					USE A FULL ROM		MACHINE SHOULDER PRESS
PRONATED PULLDOWN	3	6-8	8RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		SINGLE-ARM PULLDOWN
DUMBBELL INCLINE PRESS	2	10-12	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
CHEST-SUPPORTED T-BAR ROW	2	12-15	9RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
DUMBBELL SKULL CRUSHER	2	8-12	9RPE	1MIN					KEEP YOUR ELBOWS IN A FIXED POSITION		V-BAR PRESSDOWN
HAMMER CURL	2	10-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR BICEPS		EZ BAR CURL
A1: CABLE LATERAL RAISE	3	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		DUMBBELL LATERAL RAISE
A2: HIGH-TO-LOW FACE PULL	3	12-15	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		DUMBBELL BENT OVER REAR DELT RAISE

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SUMO DEADLIFT	2	6	75%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG SUMO DEADLIFT
DEFICIT CURTSY LUNGE	2	10-12	8RPE	2MIN					ELEVATE 3-5". STRETCH YOUR GLUTES		DB DEFICIT BULGARIAN SPLIT SQUAT
KNEE-BANDED MACHINE HIP THRUST	2	50	9RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	2	8-12	9RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
MACHINE GLUTE KICKDOWN	2	15-20	9RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
LATERAL BAND WALK	2	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	10-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 13

TOTAL TRAINING TIME:

WOMEN’S SPECIALIZATION PROGRAM

WEEK 2: DAYS 4-5

BLOCK 2 - MAX EFFORT PHASE

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
CLOSE-GRIP BENCH PRESS	3	5	80%	2MIN					TUCK YOUR ELBOWS		BARBELL BENCH PRESS
SINGLE-ARM PULLDOWN	3	10-12	7RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		NEUTRAL-GRIP PULLDOWN
MACHINE SHOULDER PRESS	2	12-15	7RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
HAMMER STRENGTH MACHINE ROW	2	12-15	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		DUMBBELL ONE-ARM ROW
REVERSE PEC DEC	3	12-15	7RPE	1MIN					KEEP YOUR SCAPULAE PROTRACTED		SEATED FACE PULL
PRONE TRAP RAISE	3	15-20	8RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		BAND REAR DELT PULL APART
A1: CONSTANT-TENSION DUMBBELL LATERAL RAISE	3	20-25	8RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		CONSTANT-TENSION MACHINE SHOULDER PRESS
A2: DUMBBELL FRONT RAISE	3	15-20	8RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		PLATE FRONT RAISE

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	8	70%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
DUMBBELL 45° HYPEREXTENSION	2	20-25	7RPE	3MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
PAUSE BARBELL HIP THRUST	2	10-12	7RPE	2MIN					3-SECOND PAUSE		PAUSE MACHINE HIP THRUST
CABLE PULL-THROUGH	2	20-25	7RPE	1MIN					STRETCH YOUR GLUTES		DB SUMO RDL
SEATED LEG CURL	2	12-15	8RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
KNEE-BANDED GLUTE BRIDGE / BANDED HIP ABDUCTION	2	30/30	9RPE	1MIN					FOCUS ON GETTING A BIG GLUTE PUMP		KNEE-BANDED FROG PUMP / FROG PUMP
HANGING LEG RAISE	2	6-8	8RPE	1MIN					FOCUS ON FLEXING YOUR SPINE		CABLE CRUNCH

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME:

BLOCK 2

WOMEN'S SPECIALIZATION
PROGRAM

WEEK

3

STEPHANIE BUTTERMORE/ JEFF NIPPARD

WOMEN'S SPECIALIZATION PROGRAM

WEEK 3: DAYS 1-3

BLOCK 2 - MAX EFFORT PHASE

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	4	80%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
STIFF LEG DEADLIFT	2	6-8	8RPE	2MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BARBELL HIP THRUST	2	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		SMITH MACHINE HIP THRUST
DUMBBELL 45° HYPEREXTENSION	2	15-20	8RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
ECCENTRIC-ACCENTUATED LYING LEG CURL	2	8-10	8RPE	1MIN					3-SECOND LOWERING PHASE		SLIDING LEG CURL
MACHINE SEATED HIP ABDUCTION	2	25-30	9RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
RUSSIAN TWIST	2	20	8RPE	1MIN					ROTATE YOUR TORSO		BICYCLE CRUNCH

TOTAL SET VOLUME: 12

TOTAL TRAINING TIME:

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SEATED DUMBBELL SHOULDER PRESS	3	4-6	9RPE	2MIN					USE A FULL ROM		MACHINE SHOULDER PRESS
PRONATED PULLDOWN	3	6-8	8RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		SINGLE-ARM PULLDOWN
DUMBBELL INCLINE PRESS	2	10-12	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
CHEST-SUPPORTED T-BAR ROW	2	12-15	9RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
DUMBBELL SKULL CRUSHER	2	8-12	9RPE	1MIN					KEEP YOUR ELBOWS IN A FIXED POSITION		V-BAR PRESSDOWN
HAMMER CURL	2	10-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR BICEPS		EZ BAR CURL
A1: CABLE LATERAL RAISE	3	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		DUMBBELL LATERAL RAISE
A2: HIGH-TO-LOW FACE PULL	3	12-15	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		DUMBBELL BENT OVER REAR DELT RAISE

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SUMO DEADLIFT	2	6	77.5%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG SUMO DEADLIFT
DEFICIT CURTSY LUNGE	2	10-12	8RPE	2MIN					ELEVATE 3-5". STRETCH YOUR GLUTES		DB DEFICIT BULGARIAN SPLIT SQUAT
KNEE-BANDED MACHINE HIP THRUST	2	50	9RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	2	8-12	9RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
MACHINE GLUTE KICKDOWN	2	15-20	9RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
LATERAL BAND WALK	2	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	10-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 13

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 3: DAYS 4-5

BLOCK 2 - MAX EFFORT PHASE

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
CLOSE-GRIP BENCH PRESS	3	5	80%	2MIN					TUCK YOUR ELBOWS		BARBELL BENCH PRESS
SINGLE-ARM PULLDOWN	3	10-12	9RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		NEUTRAL-GRIP PULLDOWN
MACHINE SHOULDER PRESS	2	12-15	9RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
HAMMER STRENGTH MACHINE ROW	2	12-15	9RPE	2MIN					PULL WITH YOUR ELBOWS OUT		DUMBBELL ONE-ARM ROW
REVERSE PEC DEC	3	12-15	9RPE	1MIN					KEEP YOUR SCAPULAE PROTRACTED		SEATED FACE PULL
PRONE TRAP RAISE	3	15-20	10RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		BAND REAR DELT PULL APART
A1: CONSTANT-TENSION DUMBBELL LATERAL RAISE	3	20-25	10RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		CONSTANT-TENSION MACHINE SHOULDER PRESS
A2: DUMBBELL FRONT RAISE	3	15-20	10RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		PLATE FRONT RAISE

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	8	75%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
DUMBBELL 45° HYPEREXTENSION	2	20-25	9RPE	3MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
PAUSE BARBELL HIP THRUST	2	10-12	8RPE	2MIN					3-SECOND PAUSE		PAUSE MACHINE HIP THRUST
CABLE PULL-THROUGH	2	20-25	8RPE	1MIN					STRETCH YOUR GLUTES		DB SUMO RDL
SEATED LEG CURL	2	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
KNEE-BANDED GLUTE BRIDGE / BANDED HIP ABDUCTION	2	30/30	9RPE	1MIN					FOCUS ON GETTING A BIG GLUTE PUMP		KNEE-BANDED FROG PUMP / FROG PUMP
HANGING LEG RAISE	2	6-8	8RPE	1MIN					FOCUS ON FLEXING YOUR SPINE		CABLE CRUNCH

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME:

BLOCK 2

WOMEN'S SPECIALIZATION PROGRAM

WEEK

4

STEPHANIE BUTTERMORE/ JEFF NIPPARD

WOMEN'S SPECIALIZATION PROGRAM

WEEK 4: DAYS 1-3

BLOCK 2 - MAX EFFORT PHASE

DAY 1

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	4	82.5%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
STIFF LEG DEADLIFT	2	6-8	8RPE	2MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BARBELL HIP THRUST	2	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		SMITH MACHINE HIP THRUST
DUMBBELL 45° HYPEREXTENSION	2	15-20	8RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
ECCENTRIC-ACCENTUATED LYING LEG CURL	2	8-10	8RPE	1MIN					3-SECOND LOWERING PHASE		SLIDING LEG CURL
MACHINE SEATED HIP ABDUCTION	2	25-30	9RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
RUSSIAN TWIST	2	20	8RPE	1MIN					ROTATE YOUR TORSO		BICYCLE CRUNCH

TOTAL SET VOLUME: 12

TOTAL TRAINING TIME:

DAY 2

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
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DUMBBELL INCLINE PRESS	2	10-12	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
CHEST-SUPPORTED T-BAR ROW	2	12-15	9RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
DUMBBELL SKULL CRUSHER	2	8-12	9RPE	1MIN					KEEP YOUR ELBOWS IN A FIXED POSITION		V-BAR PRESSDOWN
HAMMER CURL	2	10-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR BICEPS		EZ BAR CURL
A1: CABLE LATERAL RAISE	3	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		DUMBBELL LATERAL RAISE
A2: HIGH-TO-LOW FACE PULL	3	12-15	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		DUMBBELL BENT OVER REAR DELT RAISE

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

DAY 3

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SUMO DEADLIFT	2	6	80%	4min					BRACE YOUR LATS, HIGH HIPS		STIFF LEG SUMO DEADLIFT
DEFICIT CURTSY LUNGE	2	10-12	8RPE	2min					ELEVATE 3-5". STRETCH YOUR GLUTES		DB DEFICIT BULGARIAN SPLIT SQUAT
KNEE-BANDED MACHINE HIP THRUST	2	50	9RPE	2min					DRIVE YOUR KNEES OUT		KNEE-BANDED BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	2	8-12	9RPE	1min					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
MACHINE GLUTE KICKDOWN	2	15-20	9RPE	1min					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
LATERAL BAND WALK	2	25-30	8RPE	1min					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	10-12	8RPE	1min					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 13

TOTAL TRAINING TIME:

WOMEN’S SPECIALIZATION PROGRAM

WEEK 4: DAYS 4-5

BLOCK 2 - MAX EFFORT PHASE

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
CLOSE-GRIP BENCH PRESS	3	5	82.5%	2MIN					TUCK YOUR ELBOWS		BARBELL BENCH PRESS
SINGLE-ARM PULLDOWN	3	10-12	9RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		NEUTRAL-GRIP PULLDOWN
MACHINE SHOULDER PRESS	2	12-15	9RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
HAMMER STRENGTH MACHINE ROW	2	12-15	9RPE	2MIN					PULL WITH YOUR ELBOWS OUT		DUMBBELL ONE-ARM ROW
REVERSE PEC DEC	3	12-15	9RPE	1MIN					KEEP YOUR SCAPULAE PROTRACTED		SEATED FACE PULL
PRONE TRAP RAISE	3	15-20	10RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		BAND REAR DELT PULL APART
A1: CONSTANT-TENSION DUMBBELL LATERAL RAISE	3	20-25	10RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		CONSTANT-TENSION MACHINE SHOULDER PRESS
A2: DUMBBELL FRONT RAISE	3	15-20	10RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		PLATE FRONT RAISE

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	8	77.5%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
DUMBBELL 45° HYPEREXTENSION	2	20-25	9RPE	3MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
PAUSE BARBELL HIP THRUST	2	10-12	8RPE	2MIN					3-SECOND PAUSE		PAUSE MACHINE HIP THRUST
CABLE PULL-THROUGH	2	20-25	8RPE	1MIN					STRETCH YOUR GLUTES		DB SUMO RDL
SEATED LEG CURL	2	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
KNEE-BANDED GLUTE BRIDGE / BANDED HIP ABDUCTION	2	30/30	9RPE	1MIN					FOCUS ON GETTING A BIG GLUTE PUMP		KNEE-BANDED FROG PUMP / FROG PUMP
HANGING LEG RAISE	2	6-8	8RPE	1MIN					FOCUS ON FLEXING YOUR SPINE		CABLE CRUNCH

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME: